



**SANDHILLS FAMILY HERITAGE ASSOCIATION**  
**MARCH 2019 NEWSLETTER**

# **SANDHILLS SANKOFA YOUTH**

## *Valentines Social*



**Sandhills Family Heritage Association**  
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# Community Engagement Summit



Larry Dobbins, Spring Lake Mayor



Approximately 35 people attended the SFHA Community Engagement Summit at the Bethel AME Zion Fellowship Hall in Spring Lake, Saturday, February 23, 2019. Despite the gloominess and rain, they were presented with a review of the 18 years of work undertaken by this enduring organization. The group was engaged in planning and looking forward to the organization's future.

## Engaging Our Community

The group was welcomed and provided an overview of the gathering by the Sandhills Family Heritage Association's Board Chair, Janet Brower. Remarks were also given by the Mayor of Spring Lake, Honorable Larry Dobbins.

The program consisted of three(3) areas: Engaging Our Community, Honoring Our Leaders and Preserving Our Heritage. The Executive Director and Founder of the organization, Ammie Jenkins, presented an overview of the SFHA Programs and Partners, including the myriad of universities, churches, individuals and funding partners the organization has been blessed to be affiliated with over the years.

The Sankofa Youth Coordinator, Chanai Winborn, presented an overview of the activities these youth SFHA members have been engaged in during the past year.

## Honoring Our Leaders

The original trustees of the Spring Lake Civic Center were honored during the Summit. Those Leaders included Ambrose Lucas, Romie Hendon, Sam Brinkley, Sylvester Armstrong, Arthur Monroe, David Frazier, and Paul Jones. Descendants of the Trustees receiving Certificates of Appreciation included Cara Jean Odessa Simmons, Willie C. Brinkley and Khristien Armstrong.

## Preserving Our Heritage

Alexander Lucas, former SFHA Board Member, Ammie Jenkins and Chanai Winborn presented an overview of the Civic Center Renovation Project. The Building Renovation Project is the number one priority for 2019. Indeed, the Community Engagement Summit is one step forward in these efforts. The Summit participants engaged in small group discussions to consider and offer ideas about increasing membership, supporting the phases of the building renovation project, volunteerism and fundraising for program support. Please click on the link below to learn more about the Historic Civic Center Building Project. <http://sfha-nc.org/>



## A Taste of African Heritage Instructors



**CONGRATULATIONS** to Janet Brower, Chanai Winborn and Ammie Jenkins on being the first cohort of trained ‘Oldways: A Taste of African Heritage’ Instructors. They are now part of an incredible team of community leaders teaching individuals throughout the country how to maintain their heritage and their health.



Heart disease is the number one killer of both men and women in the U.S. Heart disease along with diabetes, high blood pressure and cancer are highest in the African American population. A group of approximately 30 from the Lillington Field Churches along with family and friends learned these alarming facts on Saturday, February 16 at their “Healthy Heart Program” at Spout Springs Presbyterian Church.

Attendees at the Healthy Heart Program were also introduced to the African Heritage Diet Pyramid by Janet Brower which stresses the importance of exercise and eating lots of leafy greens, whole grains, beans and rice, tubers, and fruits and vegetable. Recent training sponsored by Resourceful Communities has prepared Brower, Chanai Winborn, and Ammie Jenkins of Sandhills Family Heritage Association to lead future trainings that will teach others about Oldways African Heritage Cultural Food Traditions\_\_ “all heart healthy”.



The intent is to promote healthy eating and active living for a healthier, happier life. The group had the opportunity to sample a few of the healthy, traditional foods such as black-eyed pea salad, nuts and seeds snack mix, green smoothies and fresh fruit.

# Upcoming Events

## SFHA Food Distribution

The SFHA Food Distribution Team, in partnership with the AME Zion Dunn-Lillington District and the Second Harvest Food Bank, will deliver free food, personal care items and household supplies to families in need. The distribution will take place on March 30th at 10AM at the Davis Chapel AME Zion Church, 120 Horseshoe Bend Road, Erwin, NC.



## Sandhills Sankofa Village

Sandhills Family Heritage Association will host the Sandhills Sankofa Village at the Spring Lake Spring Fling Street Festival, Saturday, April 13, 2019 from 11AM—5PM. SFHA is seeking vendors to be a part of the Village. If you are interested in participating, please call 910-497-0628 to get more details.



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There is a place in SFHA for you and your specific skill set, knowledge and talents. We welcome all that you have to offer SFHA to help make an even greater impact in the Sandhills Community.

Call: 910-497-0628